

**What is
DSME?**

**Who should be
referred for DSME?**

**What is a
Certified Diabetes
Educator?**

**Who reimburses
for DSME?**



THE HEALTH CARE PROVIDERS' GUIDE TO DIABETES SELF-MANAGEMENT EDUCATION (DSME) PROGRAMS IN MICHIGAN

TABLE OF CONTENTS

What is Diabetes Self-Management Education (DSME)?	1
What Are the Benefits of DSME?	2
Who Provides DSME?	3
Who Should Be Referred for DSME?	4
What Are Indicators of Quality DSME Programs?	5
Who Reimburses for DSME Programs?	6
Medicare Reimbursement Criteria	7
Directory of DSME Programs	8-19
Additional Information	20
Reference List	21

ACKNOWLEDGEMENTS

The resource guide was revised and updated by the following Michigan Department of Community Health Staff, July, 2008:

- Dawn Crane, MS, ACNS-BC, CDE
- Jean Chickering, RN, MSN
- Olga De La Cruz
- Dan Diepenhorst, MSW
- Mary Jean Klebba, RN, BS, CDE

The 2003 resource guide for health care providers was the collaborative effort of the following people:

- Karen Boyer, RN, MSN
- Olga De La Cruz
- Sharon Goodsell, M. Ed., RN, CDE
- Gwen Imes, RD, MS
- Mary Jean Klebba, RN, BS, CDE
- Donna Rice, RN, BSN, CDE

Support for the original 2003 material was provided by:

- Aventis Pharmaceutical Company: unrestricted grant
- Michigan Diabetes Prevention and Control Staff: Jan Christensen, JD, MSW, Jean Chickering, RN, MSN, Dan Diepenhorst, MSW, Bernadette Sweeney, RN, MSN
- Michigan Public Health Institute Staff: Megan Goff, Bob Puroskey

Copyright © 2003, 2008

This booklet is copyrighted but may be reproduced without alterations. If alterations are needed, permission may be obtained by contacting:
DSMT Certification Program Coordinator (517) 335-9504.

WHAT IS DIABETES SELF-MANAGEMENT EDUCATION* (DSME)?

Definition¹

It is an interactive, collaborative, ongoing process involving the person with diabetes, and the educator(s) as part of a care team. The process involves:

- An assessment of specific education needs
- Identification of specific self-management or diabetes prevention goals
- Education and behavioral intervention directed toward helping a person achieve identified self-management/prevention goals
- Evaluation of the attainment of identified self-management/prevention goals

Standards for DSME include the assessment of need and provision of information related to the AADE7 Self-Care Behaviors² to achieve treatment goals

- Healthy Eating
- Being Active
- Monitoring
- Taking Medications
- Problem Solving
- Healthy Coping
- Reducing Risks

DSME Programs

- Are structured entities that provide DSME in a variety of settings statewide
- May be eligible for third party reimbursement (see pages 5 & 6)
- Offer training in group settings and/or one-to-one sessions
- Frequently sponsor support groups and community programs to help meet educational needs of participants in a culturally relevant manner and to address continuing diabetes self-management support needs

* The terms “Education” and “Training” are used interchangeably throughout this booklet

Self-management education is a critical part of the medical plan for people with diabetes or who are at risk for development of the disease. Medical treatment of diabetes without systematic self-management education is regarded as inadequate.³

WHAT ARE THE BENEFITS OF DIABETES SELF-MANAGEMENT EDUCATION (DSME)?

Diabetes self-management education

- Increases knowledge
- Promotes positive behavior changes

Knowledge and behavior change can

- Decrease HbA_{1c}*
- Prevent diabetes or its complications

*HbA_{1c} (Hemoglobin A1c, glycosylated hemoglobin) is a blood test that measures glycated proteins, primarily hemoglobin and serum proteins, that is directly proportional to the ambient glucose concentration and reflects the previous 2-3 months of glycemic control. HbA_{1c} is an important predictor of many of the chronic complications of diabetes.

Scientific Evidence

- Norris, Susan L. et al. reviewed 72 randomized controlled trials of diabetes self-management training (DSMT) in type 2 diabetes and concluded that there were positive effects of self-management training on knowledge, frequency and accuracy of self-monitoring of blood glucose, self-reported dietary habits and glycemic control in studies with follow-up time frames of six months or less⁴.
- Another meta-analysis by Norris et al. concluded that DSMT is effective in decreasing HbA_{1c} in the short term and states "... effective diabetes education is an integral part of comprehensive diabetes care"⁵.
- The ten-year United Kingdom Prospective Diabetes Study (UKPDS) confirmed that intensive blood glucose control in patients with type 2 diabetes reduced the incidence of diabetic complications, especially microvascular disease⁶.
 - According to the United Kingdom Prospective Diabetes Study (UKPDS), for every percentage point decrease in glycosylated hemoglobin, (e.g. 9 to 8 percent), there was a 35 percent reduction in the risk of microvascular complications⁷.
- A study published in The Journal of the American Medical Association indicated that a sustained reduction in HbA_{1c} among adult persons with diabetes was associated with a cost reduction of \$685 to \$950 less per person per year within one to two years of improvement⁸.
- The Diabetes Prevention Program (DPP) found that lifestyle change that effects modest weight loss and increased physical activity, can return the blood glucose levels of persons with "pre-diabetes" (persons at risk for developing diabetes – see page 4) to normal range⁹.
- Data analysis in 2007 from the Michigan Behavioral Health Risk Factor Surveillance Survey (MiBRFSS) showed people who had taken a diabetes self-management course were twice as likely to have obtained the recommended annual dilated eye exam, foot exam and two HbA_{1c} tests compared to people with diabetes who had not taken a self-management course¹⁰.

Diabetes Self-Management Education Is Effective

WHO PROVIDES DSME?

“No diabetes management tool - - no new oral agent, insulin or medical device - - is as important as the services of a Certified Diabetes Educator. This relatively new health care profession has added immeasurably to the provision of good diabetes care.”

Christopher Saudek, MD, past president of the American Diabetes Association and professor of medicine at Johns Hopkins University ¹¹

- A Certified Diabetes Educator (CDE) receives periodic certification from the National Certification Board for Diabetes Educators and is recognized as the most qualified health care professional to provide DSME.
 - Certification as a diabetes educator indicates that the health care provider possesses distinct, specialized and current knowledge and experience in the field of diabetes.
 - Qualifications
 - Licensure or registration as a health care professional or minimum of a master’s degree in various, specified healthcare fields
 - Minimum of two years of professional practice experience in diabetes self-management training in a health care setting
 - Minimum of 1,000 hours of diabetes self-management training experience within the past five years
 - Current employment in a primary role as a diabetes educator at a minimum of four hours per week
 - Successful completion of certification examination.
 - For additional information, including a listing of CDEs in Michigan, visit Michigan Organization of Diabetes Educators (MODE) and National Certification Board for Diabetes Educators websites (see “Additional Information”).

WHO SHOULD BE REFERRED FOR DSME?

- People newly diagnosed with diabetes.
 - Diagnostic criteria¹²
 - Symptoms of diabetes (polyuria, polydipsia, and unexplained weight loss) plus casual plasma glucose concentration (any time of day without regard to time since last meal) ≥ 200 mg/dl. Confirm by repeat testing on a different day.
 - Fasting plasma glucose (no caloric intake for at least eight hours) ≥ 126 mg/d on two different occasions
 - Two hour plasma glucose ≥ 200 mg/dl during an oral glucose tolerance test (glucose load containing the equivalent of 75 g anhydrous glucose dissolved in water) on two different occasions
- People with diabetes who have never received comprehensive diabetes self-management training.
- People with diabetes who have had a change in medical protocol or treatment modalities or a significant change in symptoms or condition.
- DSME should be considered for people at risk for developing diabetes*.
 - The results of the Diabetes Prevention (DPP) clinical trial showed that diet and exercise could effectively delay diabetes in a diverse American population of overweight people with impaired glucose tolerance¹³.
 - Pre-diabetes and insulin resistance syndrome identify people at risk for developing diabetes¹⁴.
 - Pre-diabetes is defined as:
 - **impaired glucose tolerance (IGT)**
 - 2 hour plasma glucose 140-199 mg/dl
 - **impaired fasting glucose (IFG)**
 - fasting plasma glucose level 100-125 mg/dl
 - Insulin resistance syndrome also known as “Syndrome X” or the “metabolic syndrome” is defined as¹⁵:
 - people who have three or more of the following criteria:
 - **Abdominal obesity**:
waist circumference > 40 inches (102 cm) in men and >35 inches (88 cm) in women
 - **Hypertriglyceridemia**:
 ≥ 150 mg/dl
 - **High-density lipoprotein (HDL) cholesterol**:
< 40 mg/dL in men and <50 mg/dL in women.
 - **High blood pressure**:
 $\geq 130/85$ mm Hg.
 - **Fasting glucose**:
 ≥ 110 mg/dL

*Medicare does not currently reimburse DSME programs for DSME for persons with “pre-diabetes” or who are “at risk”

WHAT ARE INDICATORS OF QUALITY DSME PROGRAMS?

Accreditation of DSME Programs

- Michigan Department of Community Health (MDCH) Certification
- American Diabetes Association (ADA) Education Recognition Program
- Indian Health Service (INS)

Program Standards (adopted by both MDCH Certification and ADA Recognition)

- 2007 National Standards for Diabetes Self-Management Education Programs¹⁶
 - Organizational support
 - An established system to assist with annual program review and planning
 - Resources to meet the needs of the target population
 - A qualified program coordinator
 - A multifaceted team of diabetes instructors who obtain regular continuing education
 - Written curriculum that includes specified content areas
 - Education based on an individualized assessment
 - Personalized patient plan for on-going self-management support
 - Measured attainment of patient-defined goals to evaluate education effectiveness
 - Utilizes a Continuous Quality Improvement (CQI) Process to evaluate program effectiveness

WHO REIMBURSES FOR DSME?

State-regulated health insurance

- Michigan's "Diabetes Cost Reduction Act" (DCRA), enacted March 28, 2001
 - State-regulated insurance companies were mandated to provide a program to prevent the onset of diabetes and to reimburse for diabetes self-management training provided by a diabetes outpatient-training program certified to receive Medicaid or Medicare reimbursement.
 - The Michigan Office of Financial and Insurance Services (OFIS) is responsible for implementation of this act.
 - Self-funded insurance plans are exempt from the DCRA and may or may not provide reimbursement for diabetes self-management training.

Medicaid

- State DSME Program Certification and medical provider authorization are required for Medicaid reimbursement of DSME.

Medicare

- The Outpatient Diabetes Self-Management Training Act implemented February 27, 2001 expanded coverage of outpatient diabetes self-management training as authorized by the Balanced Budget Act of 1997.
- The Act provides Medicare coverage for a ten-hour initial training and follow-up training of two hours per year.
- Medicare provides reimbursement for services outlined in that Act only if education is provided by a DSME program that is accredited by an agency approved by Medicare.
 - Beneficiary must meet qualifying criteria
- Medicare approved accrediting agencies
 - American Diabetes Association (Education Recognition Program)
 - Indian Health Service (Integrated Diabetes Education and Care Recognition Program)

Additional note: Many DSMEs have financial assistance resources available for attendees on an "as needed" basis.

CRITERIA FOR MEDICARE REIMBURSEMENT FOR DSMT¹⁷

Medicare Part B covers one course of initial group training,* not to exceed a total of 10 hours furnished within a continuous 12-month period, for a beneficiary who has a diagnosis of diabetes, defined as follows:

- (1) A fasting blood glucose greater than or equal to 126 mg/dl on two different occasions
- (2) A 2 hour post-glucose challenge greater than or equal to 200 mg/dl on 2 different occasions
- (3) A random glucose test over 200 mg/dl for a person with symptoms of uncontrolled diabetes

After receiving the initial education, follow-up education not to exceed 2 hours yearly is also covered by Medicare.

*Individual training may be covered if the beneficiary has special needs that will hinder effective participation in a group training sessions, or no group session is available within 2 months of the date the training is ordered. Group training consists of 2 to 20 individuals who do not all have to be Medicare beneficiaries.

Accredited Diabetes Self-Management Training Programs (DSMT) in Michigan are in alphabetical order by City

City, State, Zip: Allegan, MI, 49010
Sponsoring Organization: Allegan General Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 555 Linn Street
Phone: 269-686-4088
County: Allegan

City, State, Zip: Alma, MI, 48801
Sponsoring Organization: Gratiot Medical Center
Site/Program Name: Diabetes Self-Management Education Program
Address: 300 E. Warwick Drive
Phone: 989-466-3227
County: Gratiot

City, State, Zip: Alpena, MI, 49707
Sponsoring Organization: Alpena General Hospital
Site/Program Name: The Diabetes Center Outpatient Education Program
Address: 1501 W. Chisholm Street
Phone: 989-356-7548
County: Alpena

City, State, Zip: Ann Arbor, MI, 48108-0714
Sponsoring Organization: University of Michigan Health System-C.S. Mott
Site/Program Name: Adult Diabetes Self-Management Education Program
Address: 400 E Eisenhower
Phone: 734-998-2475
County: Washtenaw

City, State, Zip: Ann Arbor, MI, 48109-0718
Sponsoring Organization: University of Michigan Health

Organization: System-C.S. Mott
Site/Program Name: Pediatric Diabetes Self-Management Education Program
Address: 1500 East Medical Center D1205 MPB SPC 5178
Phone: 734-615-4217
County: Washtenaw

City, State, Zip: Bad Axe MI 48413
Sponsoring Organization: Huron Medical Center
Site/Program Name: 1100 S Van Dyke Rd
Address: Diabetes Program
Phone: 989-269-2882
County: Huron

City, State, Zip: Battle Creek, MI 49017
Sponsoring Organization: Battle Creek Health System
Site/Program Name: Diabetes Healthways
Address: 363 Fremont Street Ste 308
Phone: 269-966-8318
County: Calhoun

City, State, Zip: Bay City, MI, 48708
Sponsoring Organization: Bay Regional Medical Center
Site/Program Name: Outpatient Diabetes Program
Address: 820 South Lincoln, Suite 304
Phone: 989-894-8628
County: Bay

City, State, Zip: Big Rapids, MI, 49307
Sponsoring Organization: Mecosta County Medical Center
Site/Program Name: Diabetes Self-Management Education Program

Accredited Diabetes Self-Management Training Programs (DSMT) in Michigan are in alphabetical order by City

Address: 605 Oak Street
Phone: 231-592-4483
County: Mecosta

City, State, Zip: **Cadillac, MI, 49601**
Sponsoring Organization: Mercy Hospital Cadillac
Site/Program Name: Outpatient Diabetes Education Program
Address: 400 Hobart Street
Phone: 231-876-7183
County: Wexford

City, State, Zip: **Cass City, MI, 48726**
Sponsoring Organization: Hills and Dales General Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 4675 Hill Street
Phone: 989-912-6365
County: Tuscola

City, State, Zip: **Charlevoix, MI, 49720**
Sponsoring Organization: Charlevoix Area Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 14700 Lakeshore Drive
Phone: 231-547-8571
County: Charlevoix

City, State, Zip: **Charlotte, MI, 48813**
Sponsoring Organization: Hayes Green Beach Memorial Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 321 East Harris Street
Phone: 517-543-1050 X 1249
County: Eaton

City, State, Zip: **Chelsea, MI, 48118**
Sponsoring Organization: Chelsea Community Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 775 South Main Street
Phone: 734-475-4105
County: Washtenaw

City, State, Zip: **Clare, MI, 48617**
Sponsoring Organization: MidMichigan Health
Site/Program Name: MidMichigan Medical Center/Clare
Address: 703 N. McEwan Street
Phone: 989-802-5166
County: Clare

City, State, Zip: **Commerce, MI, 48382**
Sponsoring Organization: Detroit Medical Center
Site/Program Name: Huron Valley-Sinai Hospital
Address: 1 William Carls Drive
Phone: 248-937-3600
County: Oakland

City, State, Zip: **Detroit MI, 48202**
Sponsoring Organization: Henry Ford Health System
Site/Program Name: Diabetes Education Program
Address: One Ford Place
Phone: 313-874-6418
County: Wayne

City, State, Zip: **Detroit MI 48201**
Sponsoring Organization: Detroit Medical Hospital
Site/Program Name: Children's Hospital of Michigan

Accredited Diabetes Self-Management Training Programs (DSMT) in Michigan are in alphabetical order by City

Name:		County:	Cass
Address:	3901 Beaubien Blvd		
Phone:	313-745-5531		
County:	Wayne	City, State, Zip:	East China, MI 48054
City, State, Zip:	Detroit MI, 48201	Sponsoring Organization:	St John River District
Sponsoring Organization:	Harper University Hospital	Site/Program Name:	Diabetes Education Program
Site/Program Name:	Outpatient Diabetes Education Program	Address:	4100 River Road
Address:	3990 John R, 8 Brush-8805	Phone:	810-326-2012
Phone:	313-745-9169	County:	St. Clair
County:	Wayne		
City, State, Zip:	Detroit, MI 48235	City, State, Zip:	Flint, MI 48503
Sponsoring Organization:	Sinai-Grace Hospital	Sponsoring Organization:	Hurley Hospital
Site/Program Name:	Professional Office Bldg.	Site/Program Name:	Hurley Diabetes Center
Address:	6001 W. Outer Drive, Suite 329	Address:	2700 Robert T Longway Blvd Ste G
Phone:	313-966-3150	Phone:	810-239-1280
County:	Wayne	County:	Genesee
City, State, Zip:	Detroit, MI, 48236	City, State, Zip:	Flint MI 49412
Sponsoring Organization:	St. John Health System	Sponsoring Organization:	McLaren Regional Medical Center
Site/Program Name:	St. John Hospital and Medical Center	Site/Program Name:	Diabetes Center
Address:	22151 Moross Road Ste 228 PB One	Address:	401 S Ballenger Hwy
Phone:	313-343-4182	Phone:	810-342-4110
County:	Wayne	County:	Genesee
City, State, Zip:	Dowagiac, MI, 49047	City, State, Zip:	Fremont MI 49412
Sponsoring Organization:	Borgess-Lee Memorial Hospital	Sponsoring Organization:	Gerber Memorial Health Services
Site/Program Name:	Diabetes Self-Management Education Program	Site/Program Name:	Diabetes Education Program
Address:	420 W High Street	Address:	212 Sullivan Ave
Phone:	269-783-3075	Phone:	231-652-2777
		County:	Newaygo

Accredited Diabetes Self-Management Training Programs (DSMT) in Michigan are in alphabetical order by City

City, State, Zip: Garden City, MI. 48135
Sponsoring Organization: Garden City Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 6245 Inkster Road
Phone: 734-458-7334
County: Wayne

City, State, Zip: Gaylord, MI, 49735
Sponsoring Organization: Otsego Memorial Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 825 N. Center Street
Phone: 989-731-2194
County: Otsego

City, State, Zip: Gladwin, MI, 48624
Sponsoring Organization: MidMichigan Health
Site/Program Name: MidMichigan Medical Center-Gladwin
Address: 515 Quarter Street
Phone: 989-246-6292
County: Gladwin

City, State, Zip: Grand Blanc, MI, 48439
Sponsoring Organization: Genesys Regional Medical Center
Site/Program Name: Genesys Diabetes & Nutrition Learning Center
Address: 1 Genesys Parkway
Phone: 810-606-6260
Program ID: Genesee

City, State, Zip: Grand Haven, MI, 49417

Sponsoring Organization: North Ottawa Community Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 1309 Sheldon Road
Phone: 616-847-4894
County: Ottawa

City, State, Zip: Grand Rapids, MI. 49503
Sponsoring Organization: Helen Devos Children's Hospital
Site/Program Name: Pediatric Diabetes Clinic
Address: 100 Michigan Street NE MC 77
Phone: 616-931-8849
County: Kent

City, State, Zip: Grand Rapids, MI, 49503
Sponsoring Organization: Saint Mary's Health Care
Site/Program Name: Diabetes Program
Address: 300 Lafayette SE Ste 2045
Phone: 616-752-6079
County: Kent

City, State, Zip: Grand Rapids MI 49509
Sponsoring Organization: Metro Health Hospital
Site/Program Name: Diabetes Program
Address: 2215 44th Street SW
Phone: 616-252-8438
County: Kent

City, State, Zip: Grand Rapids, MI, 48504
Sponsoring Organization: Spectrum Health
Site/Program Name: Diabetes Outpatient Program

Accredited Diabetes Self-Management Training Programs (DSMT) in Michigan are in alphabetical order by City

Address: 665 Seward Ave NW Ste 110
Phone: 616-391-9288
County: Kent

City, State, Zip: **Holland, MI, 49423**
Sponsoring Organization: Holland Hospital
Site/Program Name: Diabetes Self management Education Program
Address: 602 Michigan Avenue
Phone: 616-394-3720
County: Ottawa

City, State, Zip: **Grayling, MI, 49738**
Sponsoring Organization: Mercy Hospital-Grayling
Site/Program Name: Diabetes Self-Management Education Program
Address: 1100 Michigan Avenue
Phone: 989-348-0455
County: Crawford

City, State, Zip: **Iron Mountain, MI, 49801**
Sponsoring Organization: Dickinson County Healthcare System
Site/Program Name: Outpatient Diabetes Clinic
Address: 1721 S. Stephenson
Phone: 906-776-5470
County: Dickinson

City, State, Zip: **Hancock, MI, 49930**
Sponsoring Organization: Portage Health
Site/Program Name: Diabetes Self-Management Education Program
Address: 500 Campus Drive
Phone: 906-483-1562
County: Houghton

City, State, Zip: **Iron River, MI, 49935**
Sponsoring Organization: Iron County Community Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 1400 West Ice Lake Road
Phone: 906-265-2153
County: Iron

City, State, Zip: **Harbor Beach, MI, 48441**
Sponsoring Organization: Lakeshore Community Rural Health Network
Site/Program Name: Lakeshore Community
Address: 210 South First Street
Phone: 989-479-3201 X 202
County: Huron

City, State, Zip: **Ironwood, MI, 49938**
Sponsoring Organization: Grand View Health System
Site/Program Name: Diabetes Self-Management Education Program
Address: N 10561 Grand View Lane
Phone: 906-932-2525 X 6247
County: Gogebic

City, State, Zip: **Nashville, MI, 49073**
Sponsoring Organization: Pennock Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 1009 West Green Street
Phone: 269-945-1212 x 415
County: Barry

City, State, Zip: **Ishpeming, MI, 49849**
Sponsoring Organization: Bell Hospital
Site/Program Name: Diabetes Self-Management

Accredited Diabetes Self-Management Training Programs (DSMT) in Michigan are in alphabetical order by City

Name: Education Program
Address: 101 South 4th Street
Phone: 906-485-2118
County: Marquette

City, State, Zip: Jackson, MI, 49203
Sponsoring Organization: Allegiance Health
Site/Program Name: Allegiance Diabetes Center
Address: 817 W. High Street
Phone: 517-787-9322 X 246
County: Jackson

City, State, Zip: Kalamazoo, MI, 49048
Sponsoring Organization: Borgess Medical Center
Site/Program Name: North Professional Bldg. Ste 229
Address: 1717 Shaffer Road
Phone: 269-226-8295
County: Kalamazoo

City, State, Zip: Kalamazoo, MI, 49001
Sponsoring Organization: Bronson Diabetes Education Center
Site/Program Name:
Address: 820 John Street Ste 104
Phone: 269-341-8585
County: Kalamazoo

City, State, Zip: Lansing MI 48910
Sponsoring Organization: Ingham Regional Medical Center
Site/Program Name: Outpatient Diabetes Self-Management Program
Address: 2727 S Pennsylvania Ave.
Phone: 517-975-2201
County: Ingham

City, State, Zip: Lansing, MI, 48912
Sponsoring Organization: Sparrow Health System
Site/Program Name: Sparrow Regional Diabetes Center
Address: 1200 E. Michigan Avenue Suite 340
Phone: 517-364-5956
County: Ingham

City, State, Zip: Laurium, MI, 49913
Sponsoring Organization: Aspirus Keweenaw Memorial
Site/Program Name: Diabetes Self-Management Education Program
Address: 205 Osceola Street
Phone: 906-337-6598
County: Houghton

City, State, Zip: Livonia, MI, 48154
Sponsoring Organization: St. Mary Mercy Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 36475 Five Mile Road
Phone: 734-655-8945
County: Wayne

City, State, Zip: Ludington, MI, 49431
Sponsoring Organization: Memorial Medical Home Care
Site/Program Name: DSMT Program
Address: One Atkinson Drive
Phone: 231-845-2270
County: Mason

City, State, Zip: Manistee, MI 49660

Accredited Diabetes Self-Management Training Programs (DSMT) in Michigan are in alphabetical order by City

Sponsoring Organization: Westshore Medical Center
Site/Program Name: Diabetes Self-Management Education Program
Address: 1465 E Parkdale Avenue
Phone: 231-398-1033
County: Manistee

City, State, Zip: **Manistique, MI, 49854**

Sponsoring Organization: Schoolcraft Memorial Hospital
Site/Program Name: Out-Patient Diabetes Education Program
Address: 500 Main Street
Phone: 906-341-3210
County: Schoolcraft

City, State, Zip: **Marlette, MI, 48453**

Sponsoring Organization: Marlette Regional Hospital
Site/Program Name: DSMT Program
Address: 2861 Main Street
Phone: 989-635-4348
County: Sanilac

City, State, Zip: **Marquette, MI, 49855**

Sponsoring Organization: Marquette General Health System
Site/Program Name: DSMT Program
Address: 580 W. College Avenue
Phone: 906-225-3473
County: Marquette

City, State, Zip: **Midland, MI, 48640**

Sponsoring Organization: MidMichigan Health
Site/Program Name: MidMichigan Medical Center-Midland
Address: 4005 Orchard Drive

Phone: 989-839-1813
County: Midland

City, State, Zip: **Monroe, MI, 48162**

Sponsoring Organization: Mercy Memorial Hospital System
Site/Program Name: Diabetes Self-Management Education Program
Address: 905 North Macomb Street, Suite 3
Phone: 734-240-4476
County: Monroe

City, State, Zip: **Mount Clemens, MI, 48043**

Sponsoring Organization: Mount Clemens Regional Medical Center
Site/Program Name: Diabetes Self-Management Education Program
Address: 1030 Harrington, Suite 202
Phone: 586-493-3396
County: Macomb

City, State, Zip: **Mount Pleasant, MI, 48858**

Sponsoring Organization: Central Michigan Community Hospital
Site/Program Name: Diabetes Outpatient Education Program
Address: 1221 South Drive
Phone: 989-779-4049
County: Isabella

City, State, Zip: **Munising, MI, 49862**

Sponsoring Organization: Munising Memorial Hospital
Site/Program Name: Diabetes Education Program
Address: 1500 Sand Point Road
Phone: 906-387-4110 X 134
County: Alger

Accredited Diabetes Self-Management Training Programs (DSMT) in Michigan are in alphabetical order by City

City, State, Zip: Muskegon, MI, 49442
Sponsoring Organization: Hackley Health Systems
Site/Program Name: Hackley Diabetes Program
Address: 1700 Clinton Street
Phone: 231-798-0369
County: Muskegon

City, State, Zip: Newberry, MI, 49868
Sponsoring Organization: Helen Newberry Joy Hospital & Health Care Center
Site/Program Name: Diabetes Self-Management Education Program
Address: 502 W. Harrie Street
Phone: 906-293-9286
County: Luce

City, State, Zip: Novi, MI, 48375
Sponsoring Organization: Botsford General Hospital
Site/Program Name: Diabetes and You
Address: 39830 Grand River Avenue Ste B 3
Phone: 248-477-6100 X 217
County: Oakland

City, State, Zip: Owosso, MI, 48867
Sponsoring Organization: Memorial Healthcare
Site/Program Name: Diabetes Self-Management Learning Program
Address: 1480 North M-52
Phone: 989-729-4712
County: Shiawassee

City, State, Zip: Petoskey, MI, 49770
Sponsoring Organization: Northern Michigan Regional Hospital

Site/Program Name: Diabetes Self-Management Education Program
Address: 416 Connable Avenue Ste. G 70
Phone: 231-487-4894
County: Emmett

City, State, Zip: Pigeon, MI, 48755
Sponsoring Organization: Scheurer Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 170 N. Caseville Road
Phone: 989-453-4493
County: Huron

City, State, Zip: Pontiac, MI, 48341-2985
Sponsoring Organization: St Joseph Mercy/Oakland
Site/Program Name: Diabetes Outpatient Program
Address: 44405 Woodward Avenue
Phone: 248-858-6653
County: Oakland

City, State, Zip: Port Huron, MI, 48060
Sponsoring Organization: Mercy Hospital - Port Huron
Site/Program Name: Diabetes Self-Management Education Program
Address: 2601 Electric Avenue
County: Huron

City, State, Zip: Port Huron, MI. 48060
Sponsoring Organization: Port Huron Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 1221 Pine Grove Ave
Phone: 810-989-3362
County: Huron

Accredited Diabetes Self-Management Training Programs (DSMT) in Michigan are in alphabetical order by City

City, State, Zip: Rochester, MI, 48307-1831
Sponsoring Organization: Crittenton's Outpatient Diabetes Program
Site/Program Name: Community Health Education
Address: 1101 W. University Drive
Phone: 248-652-5246
County: Oakland

City, State, Zip: Royal Oak, MI, 48073
Sponsoring Organization: William Beaumont Hospital-Royal Oak
Site/Program Name: Diabetes Program
Address: 3601 West Thirteen Mile Road
Phone: 248-551-0952
County: Oakland

City, State, Zip: Saginaw, MI, 48604
Sponsoring Organization: Covenant HealthCare
Site/Program Name: DSMP Saginaw
Address: 5400 Mackinaw Road, Suite 3101
Phone: 989-583-5188
County: Saginaw

City, State, Zip: Saginaw, MI, 48601
Sponsoring Organization: St. Mary's of Michigan
Site/Program Name: Diabetes Self-Management Education Program
Address: 800 South Washington Avenue
Phone: 989-907-8575
County: Saginaw

City, State, Zip: Sault Ste Marie MI 49783

Zip:
Sponsoring Organization: War Memorial Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 500 Osborn Blvd., Ste 2601
Phone: 906-635-7854
County: Chippewa

City, State, Zip: Shelby, MI, 49455
Sponsoring Organization: Hackley Health Systems
Site/Program Name: Hackley Lakeshore Community Hospital Diabetes Program
Address: 72 S. State Street
Phone: 231-861-3018
County: Oceana

City, State, Zip: Sheridan, MI, 48884
Sponsoring Organization: Diabetes Outpatient Program of Montcalm County
Site/Program Name: Sheridan Community Hospital
Address: 301 N. Main Street
Phone: 989-291-3269 X 240
County: Montcalm

City, State, Zip: Southfield, MI, 48075
Sponsoring Organization: St. John Providence Hospital
Site/Program Name: Providence Diabetes Care Program
Address: 16001 W Nine Mile Rd.
Phone: 248-849-3903
County: Oakland

City, State, Zip: St. Clair Shores MI 48081
Sponsoring Organization: Beaumont Grosse Pointe
Site/Program Name: Adult Outpatient Diabetes Program

Accredited Diabetes Self-Management Training Programs (DSMT) in Michigan are in alphabetical order by City

Address: 22300 Bon Brae Street
Phone: 586-779-7661
County: Macomb

City, State, Zip: **St. Ignace, MI, 49781**
Sponsoring Organization: Mackinac Straits Hospital and Health Center
Site/Program Name: Diabetes Self-Management Education Program
Address: 220 Burdette Street
Phone: 906-643-0373
County: Mackinac

City, State, Zip: **St. Joseph, MI, 49085**
Sponsoring Organization: Lakeland Healthcare
Site/Program Name: Community Health Enhancement
Address: 1234 Napier Ave.
Phone: 269-927-5172
County: Berrien

City, State, Zip: **Standish, MI, 48658**
Sponsoring Organization: St. Mary's of Michigan
Site/Program Name: Standish Hospital Diabetes Self-Management Education Program
Address: 805 W. Cedar
Phone: 989-846-3436
County: Arenac

City, State, Zip: **Sturgis, MI, 49091**
Sponsoring Organization: Sturgis Hospital
Site/Program Name: Diabetes Self-Management Education Program
Address: 916 Myrtle Avenue
Phone: 269-659-4358
County: St. Joseph

City, State, Zip: **Tecumseh, MI, 49286**
Sponsoring Organization: Herrick Medical Center
Site/Program Name: Diabetes Self-Management Education Program
Address: 500 East Pottawatamie Street
Phone: 517-424-3388
County: Lenawee

City, State, Zip: **Three Rivers, MI, 49093**
Sponsoring Organization: Three Rivers Area Hospital
Site/Program Name: Three Rivers Diabetes Self-Management Training Program
Address: 701 S. Health Parkway
Phone: 269-273-9778
County: St. Joseph

City, State, Zip: **Traverse City, MI, 49686**
Sponsoring Organization: Munson Medical Center
Site/Program Name: Diabetes Education
Address: 1105 Sixth Street
Phone: 231-935-8204
County: Grand Traverse

City, State, Zip: **Trenton, MI, 48183**
Sponsoring Organization: Oakwood Healthcare System
Site/Program Name: Oakwood Southshore Medical Center
Address: 5450 Fort Street
Phone: 734-671-3489
County: Wayne

City, State, Zip: **Troy, MI, 48085**
Sponsoring Organization: Beaumont Hospital, Troy
Site/Program Name: Outpatient Diabetes Self-

Accredited Diabetes Self-Management Training Programs (DSMT) in Michigan are in alphabetical order by City

Name: Management Education Program
Address: 44201 Dequindre Road
Phone: 248-964-8144
County: Oakland

City, State, Zip: **Warren, MI, 48093**
Sponsoring Organization: St. John Health System
Site/Program Name: St. John Macomb Hospital
Address: 11800 E 12 Mile Road
Phone: 586-573-5740
County: Macomb

City, State, Zip: **West Branch, MI, 48661**
Sponsoring Organization: West Branch Regional Medical Center
Site/Program Name: Outpatient Diabetes Self-Management Education Program
Address: 335 E Houghton Ave
Phone: 989-343-6130
County: Ogemaw

City, State, Zip: **Ypsilanti, MI, 48197**
Sponsoring Organization: Saint Joseph Mercy Health System/Ann Arbor
Site/Program Name: Saint Joseph Mercy Center for Diabetes
Address: 5320 Elliott Drive, Suite 203
Phone: 734-712-2959
County: Washtenaw

City, State, Zip: **Zeeland, MI, 49464**
Sponsoring Organization: Zeeland Community Hospital
Site/Program Name: Diabetes Education Program
Address: 8333 Felch Street
Phone: 616-748-2898
County: Ottawa

Additional Programs

Name _____

Address _____

Phone _____

Name _____

Address _____

Phone _____

Name _____

Address _____

Phone _____

Name _____

Address _____

Phone _____

Name _____

Address _____

Phone _____

Name _____

Address _____

Phone _____

Name _____

Address _____

Phone _____

Name _____

Address _____

Phone _____

Additional Information

American Diabetes Association Recognition. www.diabetes.org

Centers for Medicare & Medicaid Services (CMS). Medicare rule for diabetes coverage.

<http://cms.hhs.gov>

Diabetes Cost Reduction Act (DCRA). State mandate for diabetes supplies and education.

www.michiganlegislature.org

Michigan Department of Community Health – Diabetes Self-Management Education Certification . www.michigan.gov/diabetes. Phone: 517-335-9504.

Michigan Diabetes Outreach Network (MDON). www.diabetesinmichigan.org

Michigan Organization of Diabetes Educators (MODE). www.modeonline.org.

National Certification Board for Diabetes Educators. www.ncbde.org

Office of Financial & Insurance Services (regulates health insurance in Michigan).
www.michigan.gov/cis - choose “Financial and Insurance Services” from menu on left side of page

Reference List

1. American Association of Diabetes Educators (2005). The Scope of Practice, Standards of Practice, and Standards of Professional Performance for Diabetes Educators. *The Diabetes Educator*, 31, 487-512.
2. American Association of Diabetes Educators (2005). The Scope of Practice, Standards of Practice, and Standards of Professional Performance for Diabetes Educators. *The Diabetes Educator*, 31, 487-512.
3. American Diabetes Association (2008). Third-Party Reimbursement for Diabetes Care, Self-Management Education, and Supplies. *Diabetes Care*, 31 (Suppl. 1), S95-96.
4. Norris, S. L., Engelgau, M. M., & Venkat-Narayan, K. M. (2001). Effectiveness of self-management training in type 2 diabetes – A systematic review of randomized controlled trials. *Diabetes Care* 24, 561-587.
5. Norris, S. L., Lau, J., Smith, S., Schmid, C. H., & Engelgau, M. M. (2002). Self-management education for adults with type 2 diabetes – A meta-analysis of the effect on glycemic control. *Diabetes Care* 25, 1159-1171.
6. UK Prospective Diabetes Study Group (1998). Effect of intensive blood-glucose control with Metformin on complications in overweight patients with type 2 diabetes (UKPDS 34). *Lancet* 352: 854-865.
7. UK Prospective Diabetes Study Group (2000). Association of glycaemia with macrovascular and microvascular complications of type 2 diabetes (UKPDS 35): Prospective observational study. *BMJ* (321), 405-412.
8. Wagner, E. H., et al. (2001). Effect of improved glycemic control on health care costs and utilization. *JAMA* 285, 182-189.
9. Diabetes Prevention Program Research Group (2002). Reduction in the incidence of type 2 diabetes with lifestyle intervention or Metformin. *New England Journal of Medicine*, 346, 393-403.
10. Corteville, L., El Reda, D., Anderson, B., Fussman, C., Rafferty, A. (2007). Diabetes Prevalence and Management. *Michigan BRFSS Surveillance Survey 1* (2). Michigan Department of Community Health, 2007.
11. Saudek, C. (2002). The Role of Primary Care Professionals in Managing Diabetes. *Clinical Diabetes*, 20, 65-66.
12. American Diabetes Association (2008). Standards of Medical Care-2008. *Diabetes Care*, 31 (Suppl. 1), S12-54.
13. American Diabetes Association; National Institute of Diabetes, Digestive and Kidney Diseases (2003). The prevention or delay of Type 2 diabetes. *Diabetes Care* 26 (Suppl. 1), S62-69.
14. Report of the Expert Committee on the Diagnosis and Classification of Diabetes Mellitus (2003). *Diabetes Care* 26, (Suppl. 1), S5-20.
15. Third report of the national cholesterol education expert panel on detection, evaluation, and treatment of high blood cholesterol in adults (adult treatment panel III). Bethesda, MD: National Institutes of Health; 2001. NIH Publication 01-3670.
16. American Diabetes Association. National Standards for Diabetes Self-Management Education. 2008. *Diabetes Care*, 31, (Suppl. 1), S97-104.
17. Final Rule: Expanded coverage for diabetes education; Outpatient diabetes self-management training and diabetes outcome measurements (2000). Federal Register. (Volume 65, Number 251). Washington, DC: United States Printing Office.

Sample Referral Form for Diabetes Self-Management Education

Patient name _____ Date of Birth _____ Date of referral _____

Address _____

Street _____

City _____ State _____ Zip _____

Home phone _____ Work _____

Diagnosis: ☐ Type 1 ☐ Type 2 ☐ GDM ☐ IGT/IFG Other: _____

Reason for Referral

- ☐ Recent Diabetes Diagnosis
- ☐ Change in therapy
 - ☐ Initiation or Δ in oral therapy
 - * ☐ Initiation of insulin therapy
 - * ☐ Initiation of insulin pump therapy
- ☐ Poorly controlled diabetes
Hb A_{1c} greater than 8.5
- ☐ Gestational diabetes

EDUCATION SERVICE REQUESTED – CHECK ALL THAT APPLY

- ☐ Education program with medicine adjustment
- ☐ Comprehensive education based on assessment
- ☐ Other _____

Note: All patients will be introduced to self blood glucose monitoring unless order included to omit.

DIABETES COMPLICATION AND OTHER MEDICAL PROBLEMS

- ☐ Retinopathy
- ☐ Neuropathy
- ☐ Nephropathy
- ☐ HTN
- ☐ Hyperlipidemia
- ☐ CVD
- ☐ PVD
- ☐ Other _____

MEDICARE REQUIREMENT

Date _____

RESULTS (OR MAY ATTACH COPIES)

Height _____ Ft _____ In _____
Weight _____ Lbs _____
Last lipid test _____ TC _____ LDL _____
HDL _____ TG _____
Last Hb A_{1c} _____ %lab normal _____ %
Last eye exam _____

CURRENT DIABETES MEDICATIONS

STARTING INSULIN ORDERS

Instructions for oral agents when insulin is begun:

*Comments/explanations or clarification of above information:

**INCLUDE A COPY OF LAB RESULTS DONE WITHIN THE PAST 90
DAYS WITH THIS REFERRAL**

Physician signature _____

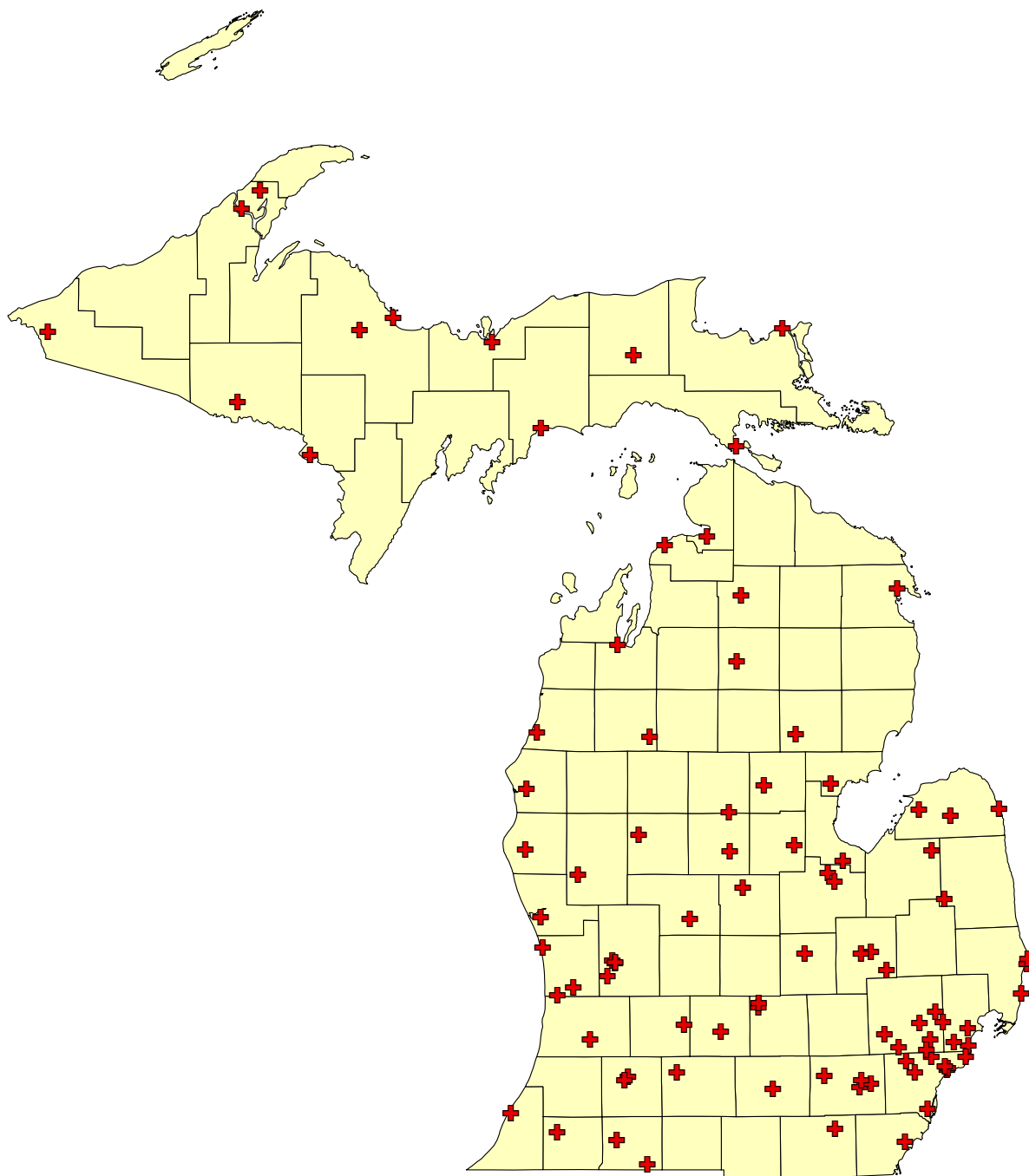
Physician name (please print) _____

Address _____

Phone _____ Fax _____

The 2008 version of *The Health Care Providers' Guide to Diabetes Self-Management Programs in Michigan* has been made available through the Diabetes Self-Management Education Certification Program of the Michigan Department of Community Health. The Certification Program provides professional and technical support to Diabetes Self-Management Education Programs across Michigan to assist programs in meeting and exceeding the National Standards for Diabetes Self-Management Education. Certification Program staff offer information and assistance to programs which are being developed or already in existence. The Certification Program strives to provide networking opportunities amongst diabetes educators in Michigan, and functions as a review agency with a goal to maintain high quality diabetes self-management education for the residents of Michigan. For additional information about Diabetes Self-Management Programs in Michigan, please contact the Michigan Department of Community Health DSMT Certification Program Coordinator at 517-335-9504. To view the most up-to-date listing of DSME programs in Michigan, please visit the MDCH website at www.michigan.gov/mdch.

Diabetes Self-Management Training Programs, State-Certified for Medicaid Reimbursement



✚ DSMT program location

There are 92 programs that have received State-certification
for Medicaid reimbursement.

June 2008